

WEEKLY PROGRAM

JAN 29TH - FEB 04TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	VINYASA @ Shala	BODY TRAINING @ Shala	PRIMAL MOVEMENT @ Shala	YOGASANAS @ Shala	RUN, RELEASE & RESET @ Golem	ACCOUSTIC YOGA SESSION @ Shala	ASHTANGA YOGA @ Shala
09:00	MORNING MEDITATION @ Yään	PRANIC MEDITATION @ Yään	MORNING MEDITATION @ Yään	MEDITATION SESSION @ Yään	PRANIC MEDITATION @ Yään	MORNING MEDITATION @ Yään	MEDITATION SESSION @ Yään
10:00	PSYCHEDELIC BREATHWORK @ Gratitude Tent	KUNDALINI @ Shala	BEYOND BREATHWORK @ Gratitude Tent	BIODYNAMIC BREATHWORK @ Gratitude Tent	BEYOND BREATHWORK @ Gratitude Tent	PLEASURE BREATHWORK @ Gratitude Tent	SAMURAI SESSIONS @ Shala
	PILATES @ Yään	HA-THA YOGA @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään	QI GONG @ Yään	VINYASA YOGA @ Yään	PILATES @ Yään
11:30			CALLIGRAPHY WORKSHOP @ Kuu	AGUA MAGICA @ La Popular Pool			
13:00						ICE-BATH SESSIONS @ Shala	
14:00							MUSIC @ La Popular
17:00	TEMAZCAL CEREMONY @ Temazcal				CACAO CEREMONY @ Shala		SOUND HEALING @ Gratitude Tent
18:00	SACRED SONGS - DREAM WEAVING @ FirePit	HUMAN DESING WORKSHOP @ Gratitude Tent	THE NEUROSCIENCE OF LIFE AND LOVE @ Gratitude Tent	TENT TAKEOVER: QUEER POLARITIES @ Gratitude Tent			SACRED SONG-DREAM WEAVING @ FirePit
19:00	MUSIC @ Macondo	MUSIC @ Macondo	MUSIC @ Macondo	MUSIC @ Macondo	MUSIC @ Macondo	MUSIC @ Macondo	MUSIC @ La Popular



Guests of Nômade Tulum and Be Tulum can enjoy access to all workshops. Stop by the Front Desk for any assistance in locating our shared event spaces.